

Registration
opens on
April 1

Braving Grief Support Groups

Session 3

Mondays, May 6 – June 17

1821 Grand Avenue | West Des Moines, IA 50265

Support



Grief in Common GROUPS

**Mondays
6-7:30 p.m.**

For ages 5 to adult who have
experienced the death of a loved one.
(Participants grouped by age.)



Traumatic Loss GROUP

**Mondays
6-7:30 p.m.**

For those 18+
who have experienced sudden
and unexpected loss.



Little Footprints GROUP

**Mondays
6-7:30 p.m.**

For those 18+
who have experienced
pregnancy and infant loss.

Free support groups for anyone who has
lost a loved one, with groups for children
ages 5 and up, teens and adults.

Groups will aim to foster a safe and
supportive space, with a focus on finding
personal strength, forming deeper
relationships, sharing your story,
discovering more meaning in life and
seeing new possibilities.

Registration is Required

Groups are in-person.

A virtual option may be offered pending interest.

To register, you can:

- E-mail griefandloss@everystep.org
- Call (515) 223-4847
- Or visit [www.everystep.org/
services/grief-loss/registration](http://www.everystep.org/services/grief-loss/registration)

